Historic, Archive Document

Do not assume content reflects current
scientific knowledge, policies, or practices.

Reserve
A389.2
Ex82

UNITED STATES
DEPARTMENT OF AGRICULTURE
LIBRARY

Reserve
BOOK NUMBER A389.2
Ex82

871051

FEB 18 1937

Extension Service, Division
of Cooperative Extension
Washington, D. C.

135

MAR 10 1937

ES Library

SOUTH DAKOTA POPULARIZES 4-H FOOD CLUB WORK

Summarized by Miriam Birdseye

Susan Wilder of South Dakota has a brand-new method of explaining and popularizing foods work for 4-H club members. She recently sent us a series of 10 illustrated manila folders such as she has prepared for each man district club agent who organizes 4-H club work in non-home demonstration agent counties and for each two home demonstration agents. These folders help agents, club members, leaders, parents, and others to visualize the objectives and content of the project, and to see how thrilling as well as how practical it can be made.

Each folder illustrates one phase of the project. Titles and contents of the folders are given below. Many illustrations are from State Extension circulars, others from Department of Agriculture negatives prepared in the Bureau of Home Economics. Bureau of Home Economics negatives used are indicated by number. Miss Wilder indicates that as more satisfactory pictures can be found, these will be substituted.

A. MEAL PLANNING.- "4-H girls learn to plan and serve well-balanced meals attractively."

Pictures: 1. Well-balanced meal carefully served. BHE neg. 26856-C.
2. The 4-H girl serves individual plates nicely. BHE neg. 30197-C.
3. Guide to economical balanced ration. (From Getting the Most for Your Food Money. Misc. pub. U. S. Dept. Agr.

B. NUTRITION.- "4-H girls study foods so as to know which ones will build strong well-developed bodies."

Pictures: 1. Some common sources of vitamin B. BHE neg. 30728-C.
2. Five ears of corn, five boys: The best differs from the ordinary. South Dakota Ext. Circ. 275.
3. Some common sources of vitamin A. BHE neg. 30745-C.

C. FRUITS.- "The 4-H girl learns to cook and serve fruits the right way."

Pictures: 1. Orange shortcake. BHE neg. 30533-C.
2. Apple pudding.
3. Apricot almond jam.

D. VEGETABLES.- "Correct cookery of vegetables makes them more attractive, palatable, and healthful."

Pictures: 1. The 4-H girl learns to cook the four color-classes of vegetables, white, green, red, and yellow, the right way to conserve food values, and make them attractive and palatable. BHE neg. 30250-C.

2. Quick-cooked carrots with melted butter. BHE neg. 30281-C.

E. MEATS.- "The 4-H girl learns to cook and serve meats the right way to develop flavor, palatability and conserve nutrients."

Pictures: 1. Sliced cold roast lamb with mint gelatin salad. BHE neg. 26323-C.
2. Roast stuffed breast of lamb. BHE neg. 26336-C.
3. Beef roast with individual Yorkshire puddings.
4. Rib roast with Yorkshire pudding. BHE neg. 26452-C.
5. Rolled stuffed shoulder of lamb. BHE neg. 26991-C.

F. MILK.- "Milk is a most important food. It furnishes vitamins, minerals, especially calcium, protein, fat, and milk sugar."

Pictures: 1. Demonstration team winners at the National Dairy Exposition in 1936, show the making of milk dishes and its products.
2. State health champions in 1935 eat well-balanced meals including milk.
3. A well-balanced school lunch. The 4-H girl plans an adequate school lunch: Beef sandwiches, hot milk soup, raw carrots, sweet roll, and an apple. South Dakota Ext. Circ. 335, Your School Lunch.
4. Milk made the difference. Picture of two pigs from National Dairy Council.

G. BREAD MAKING AND SHORT CUTS.- "Bread-making; short cuts in baking."

Pictures: From South Dakota Ext. Circ. 352, Buy Cereals Wisely - Time-savers in Baking.
1. Demonstration - Fancy rolls.
2. Demonstration - Rye bread for variety.
3. Pie crust and biscuit mix.
4. Ice-box rolls.
5. Bread exhibit at Platte achievement day.
6. Time-saving pie crust.
7. Ice-box plain butter cake.
8. Shortbread cookies.

H. BUYING.- "The 4-H girl learns to be a good buyer."

Pictures: From South Dakota Ext. Circ. 354, Buying Canned Vegetables; Circ. 355, Buying Canned Fruits; and Circ. 357, Buying Canned Meats.
1. The 4-H girl compares weight of contents with size of package and with price, to get her money's worth.
2. Baked beans - cans of different sizes may weigh the same.
3. The 4-H girl compares commercially canned meats as to kind, quality, and weight to save money.
4. How many ripe olives in a container? The 4-H girl reads label on olive can for size and number in can as compared to price.

5. Do you know grades of salmon? The 4-H girl buys salmon by grade. See label on picture.
6. The 4-H girl compares weight of liquid of same grade in different brands and saves money.
7. Buy these canned vegetables by U. S. grades A, B, C, and off-grade. See label for grade; the grades are sold through two chain stores. Other stores probably will adopt them soon.

I. PRESERVATION.

"The preservation project includes planning the year's food supply, canning, drying, making jell and storage of fruits and vegetables."

1. Deuel County team demonstrates jelly making with the new jellmeter - quick and easy to use.
2. The 4-H girl cans bacon-beef balls using the steam pressure.
3. The 4-H girl uses the steam pressure cooker to process all meats and nonacid vegetables.
4. The 4-H girl cans attractive, practical packs of fruits and vegetables.
5. The 4-H girl plans a year's food supply including canning. She stores canned food carefully so that it will not freeze. Neg. 23780-C.
6. The 4-H girl cans meat so that the grain of the meat shows. It is not covered with fat.

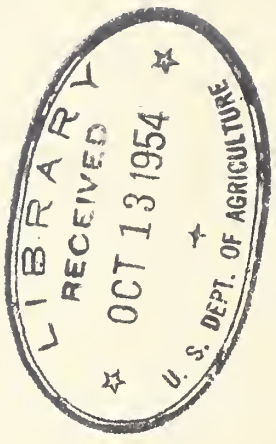
J. SERVING FRIENDS AT TEA.- "The 4-H girl serves her friends nicely."

Pictures: 1. Tea table.
2. Fancy sandwiches ready for the party.
3. Table set for guests at tea.
4. Candy pats ready for the party.
5. Attractive breakfast fruit plate.

A folder showing the yearly family food budget is to be added as soon as possible.

Training Conferences Planned for Local Leaders and Selected Club Members.

Miss Wilder has also planned a series of training conferences to be attended by the local leader and two selected members from each foods club. These conferences are based on the phases illustrated by the folders. A conference may last for 2 hours and cover one phase or for 4 hours and cover two phases. As specialist, Miss Wilder stands ready to hold two such conferences per county during the year, and to help the agents make plans for any others. She will supply references for each phase of the plan.


LIBRARY
RECEIVED
OCT 13 1954
U.S. DEPT. OF AGRICULTURE